‘THE AMERICANS’ RETURNS TO TV

KERI RUSSELL PROMISES NEW STUNTS AND WIGS PAGE 14

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Winter is coming

Snowstorm Juno. City life has been put on hold as the first blizzard of the season barreled down on the Northeast. PAGE 02

Central Park was engulfed in snow Monday as Juno first touched ground. / BESS ADLER, METRO

Russian spy ring busted by feds in NYC

PAGE 05

Practice tips for budding musicians

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Rangers pass the halfway mark test

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Top 3

The best of Metro.us

1 PHOTOS: Miss Universe through the ages

2 Chipotle is giving out free burritos

3 10 things you need to do to get through the snowstorm

On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Closings

Shutting down the Big Apple

Gov. Andrew Cuomo told reporters Monday that all train and bus service in New York City will shut down as of 11 p.m.

Asked if service is expected to resume in time for morning commutes on Tuesday, Cuomo said no.

"The feeling is the storm has gotten worse," he added.

The Port Authority also said the majority of flights expected in and out of LaGuardia and John F. Kennedy airports are either cancelled or delayed.

The governor repeated calls made throughout the day for all New Yorkers to stay indoors and off the streets as of 11 p.m. Drivers found to violate the curfew will be issued misdemeanor summonses, officials warned.

"The good news is the sun will come out again," Cuomo said. "We just don't know when." CHESTER JESUS SORIA

What to read

1 "The Snowy Day" by Ezra Jack Keats (ages 4-6): Little Peter is delighted at the transformation of New York after the first snowstorm of the season.

2 "Brave Irene" by William Steig (4-8): The young daughter of a dressmaker braves an impending winter storm to ensure the duchess gets her ball gown in time.

3 "The Long Winter" by Laura Ingalls Wilder (8-12): How the Ingalls family survived the winter of 1880-81 as their food and coal supplies run low.

4 "My Side of the Mountain" by Jean Craighead George (10-12): Sam is sick of living in his crowded apartment and decides to run away to the Catskills, where he's caught in a treehouse during a storm.

5 "Snow Falling in Spring" by Moying Li. (13+):Li takes readers through coming of age during China's Cultural Revolution.

Pedestrians brave the wind and snow on the Brooklyn Bridge. Below, the blizzard hits Monday afternoon in Brooklyn. / BESS ADLER, MILES DIXON

City shuts down in the wake of Juno

Snowstorm. Biting winds and more than 30-inches of snow expected through tonight.

Snow storm Juno crippled New York on Tuesday, as the city shut down traffic overnight and urged residents to stay at home.

The National Weather Service has issued a blizzard warning through midnight Tuesday.

Forecasters are not predicting snow for Wednesday. The sun is expected to come out in the afternoon boosting the high to 26 degrees, but winds will make it feel closer to 5 degrees.

The blizzard, expected to dump more than two feet of snow on New York City, had a name, Juno, and its own hashtag, #snowmaggedon, as the city prepared to be crippled in its onslaught.

New Yorkers scrambled for food, booze and entertainment before taking shelter as the city braced for a nearly complete shutdown.

"I really don't believe it's going to be the way they say it is," said Lacy Thomas, a street vendor selling hats, gloves, ear warmers and Statue of Liberty tsotchkes near Bowling Green early Monday afternoon.

Thomas predicted the snowfall would be lighter than forecast, but business was down on Monday, and his $5 umbrellas could go up in price if the snowfall did increase.

Quoted

"I went to school in Buffalo, so to me, it's fine. I actually like the snow."

Hanson

Visiting New York for the first time from Northern Ireland, Bryan Hanson said he'd probably stay close to his Midtown hotel until the heaviest of the snow passed.

"You're better prepared than we are, you guys get on with it," said Hanson, as he waited to take pictures at the Charging Bull statue.

Belfast, said Hanson, is a lot less snow savvy than the Big Apple.

Grocery stores around the city were packed, and shoppers lined up outside Trader Joe's on 14th Street, and the adjacent wine store, to get inside.

"I just got back into town, and there's no food in my fridge," said Jennifer Hartman, 32, who was waiting outside the store. Hers was a typical Manhattan fridge, just waffles in the freezer.

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Mayor berates Uber, Lyft prices

'Price gouging'. Mayor slams car service plans to raise prices in emergency.

Uber can be reasonable — or pricey. / GETTY IMAGES

Mayor Bill de Blasio knocked price hikes for ride-share services that traditionally surge to four or five times normal rates when bad weather hits.

"It's the law that you cannot price gouge in the context of an emergency," de Blasio told at a press conference Monday at the city's emergency headquarters in downtown Brooklyn. "It would be immoral to charge people extra because there is a natural disaster going on."

Minutes earlier, as snows descended on the city, rideshare service Uber sent an email to users that prices would not go over 2.8 times the normal fare, still far above average prices.

The email went out after Gov. Andrew Cuomo announced a state of emergency in the five boroughs in surrounding counties.

By Monday at 2 p.m., the surge pricing was already in effect.

The hike is in line with an agreement made in July with New York State Attorney General Eric Schneiderman to limit price hikes during "abnormal disruptions of the market" — including natural disasters.

In a press statement, Uber also promised to donate to the Red Cross 20 percent of the fares taken through surge pricing.

Rival app Lyft warned users that it would limit fare increases to double the normal cost.

Yellow and green cabs, licensed by the city are not allowed to charge extra in bad weather.

Uber came under fire earlier this month when New York City Council members proposed capping surge pricing at double normal rates.

At the time, an Uber representative testified surge pricing averaged 85 percent above normal rates.

CHESTER SORIA
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Snow

Not worth the drive: cabbie

Cabbie Rachid Saber says he won't be out in the blizzard.

"They say it's going to be at least 18 inches. That's too much. I'm not gonna drive. it's too risky. I have an accident, I'm not gonna work for one or two weeks. Time is money for us. If I pick up a fare in the snow I spend one hour for $20 or $30. Then I have to wait a half hour to find another one. Maybe the people who work for Uber will go out. They make multiple the price."

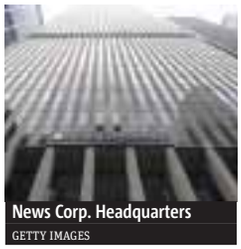
Suicide. Ex-Fox News worker kills self at News Corp Sixth Ave HQ

A former Fox News employee committed suicide outside the network's midtown offices Monday morning.

A gun and note were reportedly found at the scene, outside 1211 Avenue of the Americas, near W. 47th Street. The tower is headquarters to Rupert Murdoch's News Corp., the New York Post and the Wall Street Journal.

The Journal identified the ex-worker as Phillip Perea, 41, and said he shot himself once in the chest. The Post reported that the man was overheard grumbling that Fox ruined his life. Perea posted video and audio files online of his meetings with Fox officials and his grievances with various supervisors.

A former employee of Fox's Austin, TX affiliate, KTBC, Perea said he was fired for angering Austin Police Chief Art Acevedo, who cut off Fox after accusing the station and its website of making him look bad. Perea said he was being railroaded by a supervisor. **METRO**


News Corp. Headquarters
GETTY IMAGES

US charges three in alleged Russian spy ring in NYC

Criminal complaint. The charges are linked to alleged covert work on behalf of Russia's foreign intelligence service.

The headquarters of Vnesheconombank in Moscow. / GETTY IMAGES

The U.S. government on Monday unveiled criminal charges against three men for their alleged involvement in a Russian spy ring operating in New York City.

Evgeny Buryakov, Igor Sporyshev and Victor Podobnyy conspired to gather economic intelligence on behalf of Russia, including alleged information about U.S. sanctions against the country, and to recruit New York City residents as intelligence sources, U.S. Attorney General Eric Holder said in a statement.

Buryakov, 39, masked this work by posing as a banker for Russia's Vnesheconombank, according to the complaint and the bank's website.

The alleged conspiracy began in 2012, following the 2010 expulsion of several Russian spies from the United States.

Federal prosecutors said Sporyshev, 40, worked as a Russian trade representative from November 2010 to November 2014, while Podobnyy, 27, was an attaché to Russia's mission to the United Nations from December 2012 to September 2013.

Each defendant was charged with acting as or helping Buryakov to act as an unregistered agent of Russia, which carries a maximum 10-year prison term, and conspiracy.

Prosecutors said the case was built on physical and electronic surveillance of dozens of meetings, including several in which Buryakov met with an FBI agent posing as a wealthy investor who hoped to develop casinos in Russia. **REUTERS**

Quoted

"The presence of a Russian banker in New York would in itself hardly draw attention today, which is why these alleged spies may have thought Buryakov would blend in."

U.S. Attorney Preet Bharara in Manhattan, said in a statement

Albany. Calls grow for Silver to step down as Assembly leader

Sheldon Silver / GETTY IMAGES

The incoming blizzard that's hitting New York isn't cooling off the situation in Albany's statehouse, where no one is quite sure who's leading the state Assembly after Speaker Sheldon Silver's arrest last week on corruption charges.

Word on Monday was that rather than resign, Silver will split his powers among five senior Democrats as budget negotiations loom.

Gov. Andrew Cuomo outlined his $142 billion budget proposal on Jan. 21. The Legislature has a March 31 deadline to approve it.

During much of the time he is accused of accepting millions in kickbacks, Silver led the Assembly to pass progressive reforms on tenants rights, education, abortion and gay marriage.

Support for Silver is slipping. Hours after his arrest, top Assembly Democrats defended Silver. Only one Democrat — Brooklyn Assemblyman and longtime firebrand Charles Barron — voted against him.

By Monday, a growing chorus of Assembly members distanced themselves from Silver and his plan to distribute his power. Cuomo also questioned Silver's plan ahead of the budget talks.

"All I know is what I've read, the quote-unquote committee, I don't know what that means," Cuomo told reporters. "I can't negotiate with a committee."

Cuomo refused to say whether Silver should remain speaker, while at least seven Assembly members told various outlets Silver should step down.

"I think he should step down and resign," Barron told reporters Monday. "This is a distraction. And if any part of these charges are true, it is a shame. It is a disgrace." **CHESTER JESUS SORIA**

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Holocaust survivor shares her story with new generation

Perspective.
Author Katherine Griesz doesn't want history to repeat itself.

Katherine Griesz / COURTESY

Quoted

"My story emphasizes the importance and the necessity of keeping memories alive and reminds us to keep forever vigilant, regardless of national boundaries."
Griesz

Tuesday marks the 70th anniversary of the liberation of Auschwitz concentration camp in Poland.

As a 14-year-old, Katherine Griesz, now 84, awaited execution in Budapest's Central Ghetto before the Allied liberation. Her father was killed by the Nazis, and after the war, Griesz escaped to Switzerland on a student visa, while her mother was imprisoned at Kistarcsa internment camp under Stalin.

Griesz, an urban historian and retired tour guide who lives in Forest Hills, Queens, spoke with Metro about the importance of commemorating International Holocaust Remembrance Day. She is the author of "From the Danube to the Hudson."

It took you nearly 70 years for you to open up and start sharing your own story. Why now?
"I now have perspective. Our generation, the ones who survived the Holocaust, is fading away, dying out. It was very important for me to share my story and make the readers of my book feel that they are my co-witnesses, not just the readers of a book."

What's a message for young people, especially those involved with social movements, such as Black Lives Matter?
"Racism in any shape or form can not be tolerated, whether it is color or religion based. We do not necessarily have to love each other, but we must respect each other, each others' faith and race because we are all part of humanity."

What's one lesson you hope readers take away from your story?
"Nip antisemitism in the bud and ensure that the world will never experience another genocide."

WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Brooklyn

Bodega clerk shot, killed

A bodega clerk in Bedford-Stuyvesant died Sunday after a masked, armed robber demanded money that the worker refused to hand over.

Rafael Pujols, 49, died after emergency workers showed up around 6:30 p.m. and rushed him to University Hospital.

Cops released surveillance video that shows the robber — wearing a hooded sweater, face mask and gloves — aim a gun over the counter at Pujols.

The robber shot Pujols once in the stomach and fled on foot without taking any property or money, investigators said.
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Gov. Chris Christie became a national Republican figure after his disputes with labor unions and his calls for smaller government. / GETTY IMAGES

Governor Christie forms political action committee

2016. Christie has been under pressure to announce his plans since others made moves toward entering the race.

New Jersey Gov. Chris Christie took steps toward entering the Republican primary for the 2016 presidential race, forming a political action committee and hiring staff for a campaign.

Christie, a second-term Republican, filed paperwork on Jan. 23 with the Federal Election Commission establishing the Leadership Matters For America PAC, according to Michael DuHaime, a political adviser. The PAC, which created a website listing Christie as honorary chairman, is a multicandidate organization allowing him to use the money to support other candidates, cover travel costs and form a staff, DuHaime said.

"This committee was formed to support candidates who tackle tough problems and make tough decisions," DuHaime said in an interview. "That's something that's missing at all levels right now."

The PAC allows Christie, 52, to begin raising money immediately to increase his national visibility. DuHaime said Leadership Matters has already hired Matt Mowers, a former Christie staff member in Trenton who recently resigned as Republican chairman in early-voting New Hampshire. Fundraising has already begun, and events are planned in 10 states in February and March, he said. **BLOOMBERG**

Percentage points

22

When Christie ran for re-election in November 2013, he beat his Democratic challenger, state Senator Barbara Buono by 22 percentage points.

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US Secret Service.
Small drone lands on White House grounds

The U.S. Secret Service recovered a small drone known as a "quad copter" on the grounds of the White House early on Monday, but there was no immediate danger from the incident, the White House said.

The device, approximately two feet in diameter, was spotted flying at a low altitude at 3:08 am EST before it crashed on the southeast side of White House grounds, Secret Service spokeswoman Nicole Mainor said in a statement.

White House spokesman Josh Earnest reminded reporters President Obama was in India on Monday and the Secret Service — the agency that protects Obama and his family, and secures the White House grounds — was investigating. REUTERS

Bird flu detected

Cal. turkey farm quarantined

A California turkey farm has been quarantined after confirmation of the first case of an outbreak of the highly pathogenic H5N8 avian influenza strain in the Pacific Northwest and in a commercial flock, the U.S. government said.

Foster Farms said in a statement that it had informed the Department of Agriculture after detecting the H5N8 strain on a single turkey ranch in Stanislaus County following routine testing. REUTERS

Prosecutor seeks 26-year jail sentence for Concordia captain

Chaotic nighttime rescue. More than 4,000 passengers and crew were on the ship when it capsized.

Tug boats move the wrecked cruise ship Costa Concordia inside the port of Pra-Voltri. / GETTY IMAGES

An Italian prosecutor asked a court on Monday to sentence the captain of the Costa Concordia cruise liner to more than 26 years in jail for his role in the 2012 disaster that killed 32 people.

Francesco Schettino was the commander of the vessel, a floating hotel as long as three football fields, when it came too close to shore and hit rocks off the Tuscan holiday island of Giglio.

SCHETTINO

In summing up arguments at the trial, Prosecutor Maria Navarro said Schettino should serve 14 years for manslaughter and causing injuries, nine for causing a shipwreck, three for abandoning ship, and a further three months for giving false testimony.

The trial is expected to go to the jury next month.

The prosecutor said that if he is convicted, Schettino should be jailed immediately because there was a risk he would try to leave the country. In Italy, most defendants remain free pending appeals trials

The ship wallowed partially submerged near the port of Giglio for more than two years. REUTERS

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The Tuscany region and the island of Giglio are seeking 220 million euros in damages from Costa Cruises.

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- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly – sometimes they itch.
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TRADE LIKE A MILLIONAIRE

TIMOTHY SYKES
TIMOTHYSYKES.COM
Timothy Sykes is a millionaire stock trader and entrepreneur.

Critical characteristics to have in 2015

Everyone wants to be rich and successful, but what are you willing to do to achieve your goals? Here are three attributes with which I have had success.

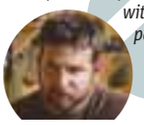
No. 1: Brutal honesty

Full transparency and admitting that you're not perfect go a long way in helping your career blossom, mainly because so few people are willing to share everything. It's also a lot less stressful to live honestly and transparently. I even post my tax returns online so people can see how much money I make.

No. 2: Ambition

There's no better time than the present to be ambitious as the Internet and its related apps open up amazing opportunities that didn't exist just a few years ago. Even if you know nothing about technology, you just have to research feverishly and think about common problems that people have and how they can be solved by a website, app or some other form of technology. Websites are very easy to create and if you're ambitious enough to try, it's almost inevitable that you will find a subject people will love. Remember, I was just a penny stock trader for over a decade until I was featured on TV and had the bright idea to start a website and charge money for my stock market knowledge. If I can make millions doing that, you can make millions on any topic you're an expert in.

The success of "American Sniper" is surprising many with just how patriotic our nation is. God bless America!



KEITH BERNSTEIN

Several foreign exchange brokers have gone bust due to their clients using too much leverage the past few weeks. Stop using leverage!

ISTOCK

No. 3: Flexibility

Despite the Internet's massive opportunity, your first idea, or maybe even second or third or fourth might not be a huge hit. Sometimes you must fail over and over and over, learning what not to do in business and in life before you find success. But there's no shame in failing, as I've talked about in the past. Being flexible and adaptable to refine your passion and your projects until you make them perfect is what's most needed in today's world. Too often, people fail once or twice and give up entirely, even if they were getting close to success or were on the right track. Don't be so rigid; success and achieving your goals is not black or white. There are many shades of gray in between. Being flexible and adapting while you're pursuing success will help you get there eventually.

For exclusive commentary, visit **Metro.us/blogs.**

What Tim Sykes is into this week...

1. *The NFL play-off controversies: nothing spices up sports entertainment like deflated footballs and overtime comebacks.*

2. *One of my international students passed $300,000 in profits in just a few years, proving that people can make money using my teachings from anywhere.*

ISTOCK

3. *The price of oil just keeps dropping, now it's even cheaper for me to drive my Lamborghini!*

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2

CULTURE

Twitter feed

Today, Billy Eichner is feeling ignored, Kirstie Alley is thinking of simpler times, Zachary Quinto has good timing, Jeremy Jordan is stuck in a Claire Danes spiral and Tom Arnold really wants to go to Disneyland.

@billyeichner: Not a single newscast discussing how the blizzard with affect my career

@kirstiealley: I remember many occasions when the snow was drifted above our Kansas windows.. back when snow symbolized sledding, not the apocalypse

@ZacharyQuinto: touch down just ahead of the storm. successful mad scramble home.

@JeremyMJordan: Homeland, why are you so good? I need to go to bed but I must keep watching you.

@TomArnold: I respect arrogant parents right not to get their kids vaccinated but please keep your beautiful little disease incubators away from my son.

1

Emma Watson is going to be a Disney princess

What with all the speeches at the United Nations and in Davos about feminism, you might have thought Emma Watson was not so interested in acting anymore. You would be wrong. Walt Disney Studios confirms that the "Harry Potter" star will star as Belle in its upcoming live-action adaptation of "Beauty and the Beast," directed by "Dreamgirls" director Bill Condon. And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence. So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess.

DISNEY.COM, GETTY IMAGES

3

Australian magazine does terrible things to Kate Middleton

WOMEN'S DAY, GETTY IMAGES

Maybe it's the result of some barely concealed commonwealth resentment toward the Crown, but an Australian women's magazine — creatively named Women's Day — took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. I guess they decided she wasn't wearing enough makeup? Or she wasn't just plain terrifying enough? Because the results — yikes.

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.us

Daily video

A 'Full House' cast reunion sing-along — sort of

The cast of "Full House" — or most of them, at least — got together this weekend to celebrate the 60th birthday of the show's creator, Jeff Franklin. In attendance? Bob Saget, John Stamos, Lori Loughlin, Candace Cameron-Bure, Jodie Sweetin and Andrea Barber. No sign of the Olsen twins, though. And the near-complete reunion prompted a spirited sing-along of the sitcom's iconic opening theme, "Everywhere You Look," led by original vocalist Jesse Frederick — except that no one could really remember the words. Whoops.

ANDREABARBER / INSTAGRAM

4

Can we not focus on a 16-year-old sitcom star's cleavage?

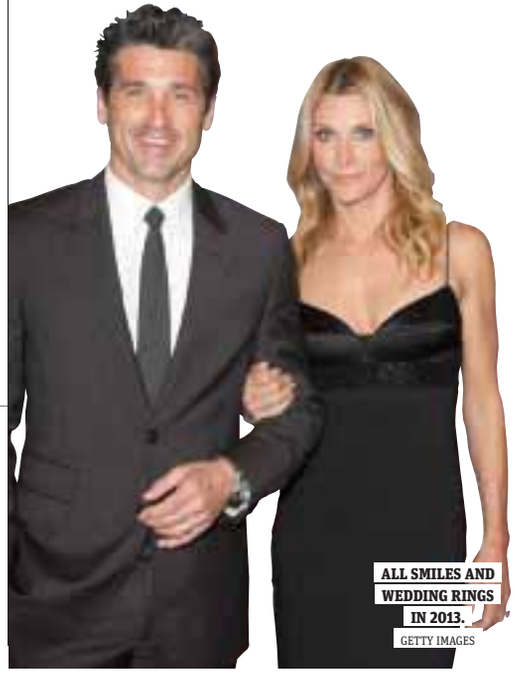
"Modern Family" star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.

GETTY IMAGES

5

Did anyone tell Patrick Dempsey he's getting a divorce?

Late last week, Jillian Fink, the wife of "Grey's Anatomy" star Patrick Dempsey, filed for divorce ending their 15-year-marriage. And while his decision to skip out on some autograph sessions at this weekend's IMSA racing event at the Daytona International Speedway suggests he might be grappling with the horrific news, photos from the race itself show Dempsey still sporting his wedding ring. Maybe it's just force of habit?



ALL SMILES AND WEDDING RINGS IN 2013.

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Alan Cumming: for the kids

Interview. The performer is happy that 'Strange Magic' portrays handsome princes as boring.

Alan Cumming voices a hideous villain with a not-so-secret soft side in "Strange Magic." / LUCASFILM

Alan Cumming will do button-pushing works, like reprising his Master of Ceremonies role in "Cabaret" on Broadway. But he'll also do children's films. The animated "Strange Magic" is a loose cartoon take on "A Midsummer Night's Dream," in which he voices a villain — and the romantic partner of a pretty fairy (voiced by Evan Rachel Wood).

You've done a fair amount of voice work. Was there anything different about this?
It took so long. We shot over a period of four years. But I didn't go in that often. It's like having an affair with someone. And then eventually you get married. You're at your wedding and everyone's asking you questions and you don't really know each other.

This subverts the cartoon norm, where the pretty girl gets the handsome prince and the less attractive characters get nothing.
I was talking earlier today about "Frozen," where the handsome prince is a d—. And he's a d— in this one as well. I think it's a trend of telling young women that the glittery ones might not be the ones to look at — or don't let the hot boys fool you. Animated films, especially the Disney ones, are about patriarchal systems. The mother's always dead, the heroine gets the guy but has to change something. She gets to no longer be a mermaid, but she can't sing. There's always a punishment inflicted on the woman for wanting what she wants. But with this, it's saying you can be the person you want to be and still get someone and be happy. I do really like that in both these big films, the handsome princes are total d—s.

Even in "Snow White," Prince Charming has absolutely no personality.
He's so boring. And if you were a handsome prince, you would change your name from "Charming." You'd call yourself "Prince Kind," "Prince Vulnerable." Not "Prince Charming." Anyone called Prince Charming is a d—.

MATT PRIGGE
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Bonus question

Did the film change at all over such a long production time?

Things change, and they forget to tell you some song or some character is cut. In the finished film Maya Rudolph's character is my mom. She wasn't my mom before. And there was one version of the story, from years ago, where at the end [his and Wood's characters] sort of got together but they sort of didn't, and she went backpacking. That was hilarious.

London Grammar's accidental fame

The British are coming. The U.K.'s biggest indie band keeps stealing the spotlight, despite shunning it.

From left: Dan Rothman, Hannah Reid and Dot Major. / PROVIDED

Coldplay and Imagine Dragons count themselves as fans, their concert sales have outsold Miley Cyrus' in their native U.K. and their album, "If You Wait" debuted at No. 2 on the U.K. chart. And at a time when celebrity is perhaps the most sought-after accolade, the three best friends who make up indie electropop band London Grammar have no interest in being "famous." In fact, fame scares them.

'We just love making music'

When we asked band member Dot Major why the performance-shy trio pursued such a public career, his answer is simple. "I suppose we just love making music and if we didn't [perform], then we wouldn't [get to do that]," he told us on the phone from London.

"Often when you're writing music, you don't end up thinking about the fact that you might end up performing it."

The band, whose sound has been compared so much to The XX and Florence & The Machine that it's a lazy cliche, met as students at the University of Nottingham. After vocalist Hannah Reid posted a photo on Facebook of her with a guitar, guitarist Dan Rothman messaged asking if she wanted to form a band. Reid said sure, suggesting Major serve as the drummer.

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'We've grown, not changed'

Seemingly overnight, they became the new indie "it" band.

"I think we've grown, but I don't think we've changed necessarily," Major says. And in terms of their friendship, they're closer than ever now. "We're around each other all day, every day. We've certainly gone from what was a best friendship to a sort of sibling relationship," he says.

And as for that pesky task of performing to sold-out venues, they've grown into it.

A London Grammar concert is unique in the sense that fans really revere the music as opposed to bouncing up and down and screaming along. The band feeds off the vibe, expanding their songs to sound even fuller than they do on the album.

"I like performing songs that we can do more with than what's on the album," Major says. Keeping true with what the band is all about, the performance really is all about the music.

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Fiction. Author Michael Christie says he took a lot of emotional risks writing his debut novel

The protagonist in pro-skateboarder turned acclaimed writer Michael Christie's novel, "If I Fall, If I Die," is 11-year-old Will, who is fiercely close to his agoraphobic mother. The result is a heartfelt story of their relationship. The novel hits close to home, as Christie's own mother was agoraphobic. Here, we talk to him about the four-year emotional process of getting Will's story down on paper.

How much of the book is fiction and how much is from your life?
A lot of the stuff in the book is different, but the emotional core of the book, which is this relationship between a mother and son that is maybe a little too close but is also kind of wonderful. That's very much the biggest relationship in my life, other than with my wife.

Did anything unexpected happen while you were writing it?
There's no movie, book or art about skateboarding that's actually good, so I was very wary of putting skateboarding in the book. But as I was doing it, I was like, is Will going to take up skateboarding? I think he is. I think I found a way to do it. … It was a scary book for me to write in many ways. I took a lot of emotional risks while doing it. **EMILY LAURENCE**

Coming of age

This isn't a traditional coming of age story, but it is still about coming of age. What do you think it means to grow up?
I think for everyone, there is a dramatic progression where you grow up in relative safety and we venture out. We get hurt, but we learn and grow that way. Growing up, there's a lot of facing fear, getting anxious and surviving things. That's what I wanted to capture.

MICHAEL CHRISTIE
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‘So much wig work’ ahead on ‘The Americans’

YES, RUSSELL LOVES THE WIGS AS MUCH AS WE DO / GETTY IMAGES

Interview. Keri Russell promises the disguises on her dark spy drama will continue to amaze.

“The Americans” returns Wednesday at 10 p.m. on FX. / MICHAEL PARMELEE, FX

Put on your finest wig and practice your fake accent: FX’s “The Americans” returns Wednesday for its third season. Otherwise known as “that show that makes you root for Communist Russia,” this season finds Elizabeth (Keri Russell) and Philip (Matthew Rhys) Jennings facing one of their biggest challenges: whether or not to tell their daughter Paige that they’re Soviet sleeper agents. Paige started to suspect something was up with her parents last season, and this season will see that issue continue to arise.

“The biggest thing for this season is that Elizabeth and Philip are at very opposing sides on how to deal with their daughter,” says Keri Russell.

But don’t expect Paige to start joining on missions. “Just to be clear, it wouldn’t be that she would become a spy,” Russell is quick to add. “There would be many steps, many facets, the first of which being that she finds out who we are, and is she ready for that?”

While Philip hopes to keep Paige in the dark as long as possible, Elizabeth takes a different tack. “Elizabeth feels a desperate need and want for her daughter to know who they are, because if you didn’t know who you were, how would you move throughout the world?” asks Russell.

Though the stakes of the show are totally different from what they are for most parents figuring out how to live with a teenager, Russell thinks the plot line about Paige is pretty universal.

“I feel like it’s a very relatable parent/family issue, about how to raise your kid, and ideals that you don’t know matter until they’re there and then they are everything,” says Russell.

Of course, no season of “The Americans” would be complete without some stellar disguises. Russell promises “so much wig work, it’s out of control.” What exactly can we look forward to? Per Russell, one of her favorites: “We were these 1980s punk rockers.” And yes, there was some “guyliner,” as Russell puts it, involved for Rhys.

LISA WEIDENFELD
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Spy games

What’s ahead

Russell is tight-lipped about what you can expect to see this season (she is playing a spy, after all), but we did get her to admit one thing: “We will see Nina. I don’t want to give anything away, but we will see Nina and it’s good.” Nina (Annet Mahendru) was last seen getting sent back to the Soviet Union.

As to what kinds of issues the spies will take on, Russell promises a look at apartheid. “There’s a whole South Africa story line,” Russell teases. No, Elizabeth won’t be flying off to South Africa. Instead, expect some South African characters to turn up in the US. Oh, and she revealed that bit of info when we asked her if she had any fun stunts coming up this season, so expect something big from those folks.

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A glimpse at children performing at Third Street Music School Settlement in Manhattan. / PROVIDED

How to make practicing music fun for your kids

Extra-curriculars. Follow these expert tips and it won't feel like homework.

Signing up your child for music lessons is a great way to foster both creativity and structure in their lives. But as many parents know, getting an aspiring student to practice consistently can be challenging in the best of times. Valerie Lewis, executive director of the Third Street Music School Settlement in Manhattan, shares her tips for families who want their children to have fun while creating music:

1 Don't hide the instruments: "The easier it is to get to the instrument, the better," says Lewis. "Keep the keys open on the piano or get a music stand so that your child can grab it whenever they are inspired."

2 Throw mini-concerts: "Turn practice into a performance," Lewis recommends. "My son is 6 and we line up his stuffed animals and he performs for them. We create a fun, relaxed atmosphere and he's getting comfortable with the idea of performing." Lewis adds one of her favorite things about the school is that it encourages students to perform for small groups all-year round. "They can perform their piece in a comfortable setting that's a little bit more casual," she says.

3 Make it a family affair: "Play alongside your child," says Lewis. "I've seen it here with parents playing the same instrument as their child and it's very beneficial. We're making music together."

4 Don't force it: There's no set amount of time a child needs to practice their instrument, says Lewis. "Even as little as 10-to-15 minutes a day is enough practice time, particularly for the younger students," she adds. The most important thing, says Lewis, is to create a passion for music. "We want them to fall for an instrument," she says. "We want it to be love at first sight."

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PLUS

On treating autism:

"Targeting the earliest risk markers of autism, such as lack of attention or reduced social interest or engagement, during the first year of life may lessen the development of these symptoms later."

Jonathan Green, a Manchester University professor of child and adolescent psychiatry, who led the study.

Research. Video therapy may help babies at risk of autism, according to new study

A new study published in The Lancet Psychiatry journal says using video feedback-based therapy to help parents understand and respond to their baby's early communication style might help modify emerging autism symptoms. As many as one in 50 school-age children in the United States are diagnosed with autism. In this study, a specially adapted Video Interaction for Promoting Positive Parenting Programme (iBASIS-VIPP) was delivered to babies aged 7-to-10 months who had a higher risk of autism because they had an autistic older sibling.

Fifty-four families with a high-risk baby were randomly assigned to get either iBASIS-VIPP or no intervention. The video group got at least six home visits, where a therapist used video feedback to help parents respond to the baby's communication and improve attention, language development and social engagement.

After five months, families who received the therapy showed improvements in infant engagement and social behavior, suggesting the therapy may be able to modify the emergence of autism-related symptoms. REUTERS

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Horoscope

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You will get along much better with your friends than you will with your family. Try to get your duties out of the way.

Pisces | Feb. 19-March 20
You will have the discipline to get odd jobs completed. Don't let children be too demanding. You may have difficulties if you make unreasonable promises.

Aries | March 21-April 20
Your tendency to overindulge will result in weight gain or minor illness. You will have to be careful not to emotionally overreact.

Taurus | April 21-May 21
Your secretive nature will cause problems if you won't share your thoughts with someone special. Be careful not to neglect yourself.

Gemini | May 22-June 20
Your romantic relationships will suffer if you try to address important issues that are driving you crazy. Your partner will take offense.

Cancer | June 21-July 22
Don't be too eager to talk about your feelings today. You need to discover what others are thinking before you put your own beliefs on the line.

Leo | July 23-Aug. 22
Travel will open up new avenues that will enhance your knowledge and spur important friendships. Sign up for a course.

Virgo | Aug. 23-Sept. 22
Extravagance and overindulgence will be tempting. Be careful not to place unreasonable demands on others. Don't follow the crowd.

Libra | Sept. 23-Oct. 22
Difficulties will surface if you haven't paid attention to your partner. Financial limitations may frustrate your goals.

Scorpio | Oct. 23-Nov. 21
Be careful not to divulge secret information. You will have to trust your own instincts. Expect friends to exaggerate.

Sagittarius | Nov. 22-Dec. 21
You will have ample energy to get involved in interesting, competitive activities. Your creative talent will come in handy.

Capricorn | Dec. 22-Jan. 20
You can expect opposition from those you live with. Don't argue; just make your own plans to do things with friends.

EUGENIA LAST

Sudoku: Easy and hard

					9	7	8	6
	4	6				9		
		3	8		2			
4			7	8		6		
			5		6			
		7		4	3			8
			6		5	3		
		2				5	7	
1	3	5	9					

	9			2	5			6
	7		8		9			
3			7	1				
7	1						9	
6		2				8		7
	4						2	1
				8	7			3
			9		4		6	
5			1	3			4	

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters to the editor

The wrong impression

Quit publishing mug shots, please. Arrest suspects do not deserve fame, just trials. Endless mug shots feed stereotypes of dangerous black males. This raises public fear of black men and barriers to their employment. Philadelphia's working-age, male unemployment rate is over 50 percent in many neighborhoods. We can't buy enough police and prisons to control the frustration of people who are unable honorably to feed their families. Yet jobs fight crime better than police can. So rather than headline street crime, celebrate solutions. The media should feature the enterprise of average Philadelphians. Thousands of us, for example, are creating jobs that rebuild our city toward balance with nature.

PAUL GLOVER, PHILADELPHIA

Cover events — and cover up stars

Re: The Hopeless Romantic' (Metro, Jan. 23-25)
With all due respect, this paper is getting trashy. Not one article about the March for Life, which was a weeklong event in our state capital, yet in the Weekend edition, the front cover has a half-naked picture of Jennifer Lopez. If it's not Kim K's butt, it's J-Lo's boobs.

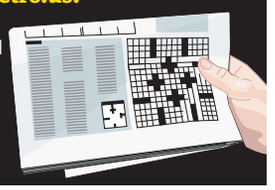
MARY HULL, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

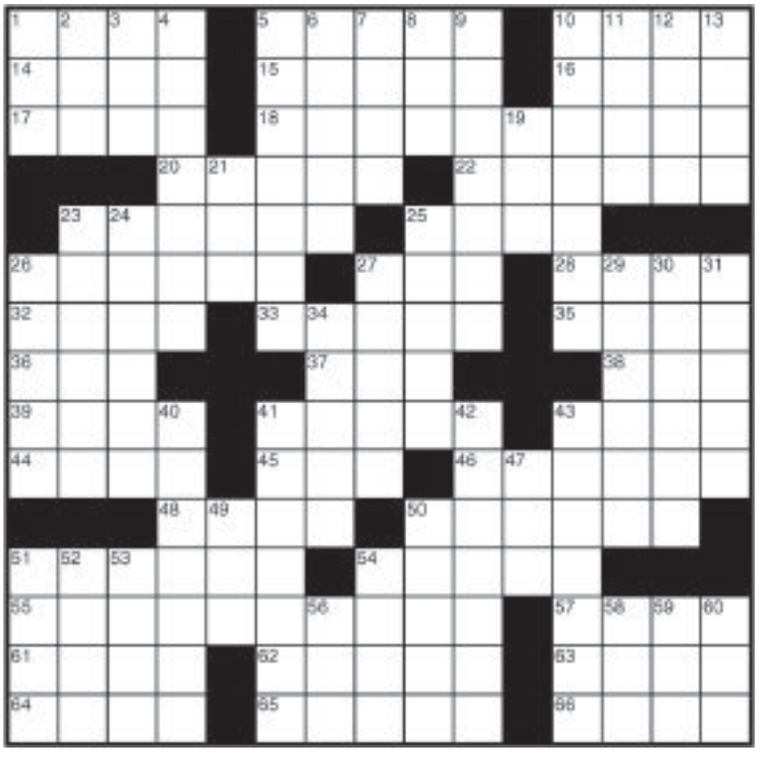


Crossword

Across
1 Lobster pincer
5 Soft purple
10 Unthought-out
14 The chills
15 Journalist — Rogers St. Johns
16 Diva — Gluck
17 1st-magnitude star
18 Noisy
20 Cello kin
22 Gumshoe
23 Dirty streaks
25 Daffodil starter
26 Ludlum's "The — Identity"
27 Move jauntily
28 Tenets
32 Wishes undone
33 Little brooks
35 Not this
36 April 15 org.
37 Bad, for Yves
38 Narcissus' flaw
39 Composer -- Bartok
41 Roundup gear
43 Numbers game
44 Mr. Sevareid
45 Geological period
46 Found a tenant
48 Debtor's concern
50 Most urgent
51 Wile E. —
54 Set free
55 Board room? (2 wds.)
57 Carbon-based forms
61 1977 whale movie
62 Anouk — of film
63 Big Band et al.
64 Jr.'s exam
65 Territories
66 Scream and shout

Down
1 Cleveland cager
2 Not sm. or med.
3 31-day mo.
4 Carpet makers
5 Farm worker
6 Archaeology finds
7 Han Solo's love
8 Capp and Jolson
9 Mild condiments
10 Cheese dish
11 Baseball family name
12 Chimney deposit
13 Greasy-spoon fare
19 Pipe fitting
21 John, in Aberdeen
23 More lemony
24 Granola kin
25 Cotton pods
26 Hush money
27 World-weary
29 Plywood units
30 Compass needle
31 Lost a lap
34 Reflection
40 Tumbler
41 Sideways
42 Colorful perchers
43 Pew adjunct
47 Hesitant sounds
49 Packed away
50 Meted out
51 Filly's footfall
52 Mine and thine
53 Swimming-pool loc.
54 Sketch
56 Hamm of soccer
58 A Gershwin
59 Geisha's accessory
60 Part of i.e.

Yesterday's answer



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Grading the Rangers: Blueshirts are red hot

NHL. The Rangers are coming on strong after a sluggish start.

At the midpoint of their 2014-15 campaign, the New York Rangers are the hottest team in the NHL. Winners of three in a row and eight of nine in the new year, the Rangers have joined the Metropolitan Division title race.

The Rangers are currently third in the division with 58 points.

DENIS GORMAN
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Rick Nash has 43 points this season. / ALL PHOTOS GETTY IMAGES

Forwards

B+

Hey, remember last year's playoffs when Rangers fans wanted Rick Nash run out of town? No? Well that's because No. 61 is authoring a season that has his name mentioned in Hart Trophy conversations this season. Nash has 28 goals and 15 assists in 2014-15. While plus-minus is a flawed statistic, Nash does lead the Rangers with a plus-19 rating. And in a contract year, Martin St. Louis has tallied 36 points.

Henrik Lundqvist has a 2.25 GAA in 2014-15.

Goaltending

B

Since his first day wearing the diagonally lettered sweater, Henrik Lundqvist has been the Rangers' foundation. Lundqvist has a 23-9-3 record this season, with a 2.25 GAA, .921 save percentage and five shutouts.

Lundqvist's No. 2, Cam Talbot, has been more than capable when he fills in for The King. Talbot is 4-4-1 with a 2.16 GAA and .926 save percentage in nine games. And it was Talbot who started and won one of the Rangers' most impressive games of the season, a 4-3 regulation win over the defending Stanley Cup champion Kings on Jan. 8 at the Staples Center.

Coaching /Special teams

B

For years, the words Rangers and potent power play had been the setup for a bad punch line. This season, it's been a different story. The Rangers' man advantage units ranked ninth in the NHL with a 20.7 percent success rate. The penalty kill unit is tied for 11th in the league, but the Rangers' four shorthanded goals are tied for seventh most in the league.

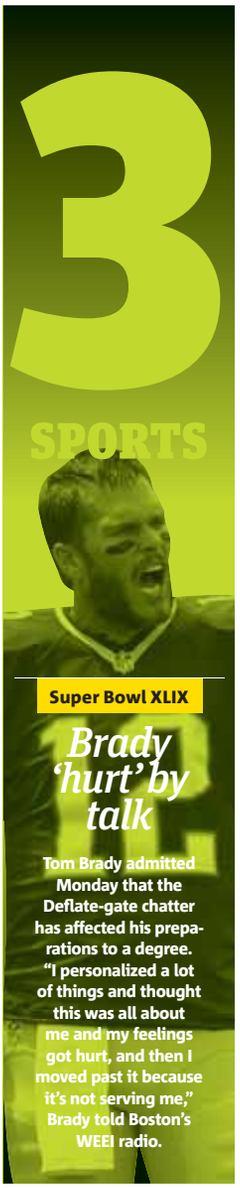
Among Alain Vigneault's strengths are his patience and, upon learning that personnel combinations have created chemistry, staying with those lines and defense pairings.

Defensemen

D+

The state of the defense, an unquestioned strength in 2013-14, was hotly debated after Glen Sather allowed Anton Stralman to leave for Tampa Bay. Replacing Stralman was future Hall-of-Famer Dan Boyle. After missing 14 games with a broken hand suffered in the season opener, Boyle's game has rounded into shape recently. Brought in to bolster the power play, Boyle has nine points (four goals and five assists) on one of the league's stronger man-up units.

Dan Boyle has nine points this season.



Super Bowl XLIX

Brady 'hurt' by talk

Tom Brady admitted Monday that the Deflate-gate chatter has affected his preparations to a degree. "I personalized a lot of things and thought this was all about me and my feelings got hurt, and then I moved past it because it's not serving me," Brady told Boston's WEEI radio.

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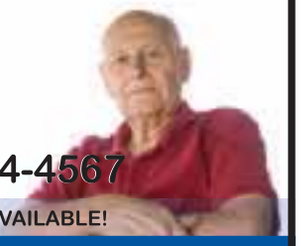

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